



30 May 1979

MEMORANDUM FOR: Deputy Director for Administration

FROM :

[REDACTED]

OD/A Registry
File *Medical*

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SUBJECT :

In-House Help To Stop Smoking

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1. Headquarters Notice [REDACTED] gave guidelines for restricting smoking in Agency facilities. Upon reading the notice, I thought, "the Agency could do smokers a great service if it provided a stop-smoking clinic in the Headquarters Building (at least)." An ex-smoker myself, I know full well the dire need a smoker has for help in finding the key to quitting.

2. I would like to help in such an endeavor. I have a good deal of experience in this area--I have attended every quit-smoking clinic in the Washington Metropolitan Area, and I quit at least 100 times before success (in 1977).

3. If you would provide a room one night a week (I prefer Wednesday), I would be able to be there (1730 til ?) to act as a discussion leader for any smoker who wanted to come in and rap about this habit. The existence of the room and me could be advertized on the bulletin board.

4. Of course, it would be well if the Agency were to provide something more professional in this area. I cannot, however, boast any expertise in planning and organizing a well-run clinic for quitting smoking. I know the speakers on the subject I think are good--that's it. I am most willing to help the experts in setting up and running such a clinic in any way I can, however.

5. Please let me know your reaction to this proposal.



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